

Creative Life Institute

301-385-9006

Frequently Asked Questions

Does acupuncture hurt and how will I feel after treatment?

When I insert the needle, I am initially looking to locate the Qi in the meridian. When Qi is accessed (deqi), a sensation is normally felt by the patient and myself. This feeling can vary from nothing at all to a brief ache or heaviness in the area being needed. Some points are more sensitive than others. By and large patients describe the sensations as fleeting and the treatment experience as deeply relaxing.

Why should I see a Traditional Chinese Medicine practitioner?

Many patients of my patients begin treatment to find relief from a wide range of physical conditions. They either have exhausted allopathic avenues or prefer a non-invasive integrative approach to their condition. Many who are not experiencing ailments also seek treatment to maximize their wellness and maintain balance. The greatest reason to treatment is to cultivate vitality and radiant health and to stimulate the tremendous healing power of the body, mind and spirit.

How to choose a Traditional Chinese Medicine practitioner?

The situation regarding training, accreditation and registration varies from country to country and in the United States between the individual states. However, some general points can be made.

Chinese Medicine as a system is extremely complicated and extensive. It has sophisticated and comprehensive diagnostic protocols that have evolved from 3000 years of rich empirical evidence.

Registered orthodox medical practitioners who offer acupuncture are not necessarily trained in Chinese medicine. While they may be able to use acupuncture to treat minor problems such as local channel pain, they are not able to diagnose and treat in terms of the principles and theories of Chinese medicine.

Fully registered practitioners of acupuncture have undertaken an agreed and recognized vigorous training in the practice of Chinese Medicine. They have reached curricular standards in Western anatomy, physiology and pathology. Thus they have an understanding of the patient from the perspective of orthodox medicine, although they do not offer treatment in that modality. Such practitioners are required to adhere to a professional code of conduct. In the United States practitioners are licensed or certified as acupuncturists by their state Department of Regulatory Agencies.

Is acupuncture covered by insurance?

A growing number of insurance companies will reimburse for acupuncture treatments. Consult your insurer for the terms of coverage on your policy.

Are the needles safe?

Yes. Sterile disposable needles are used. They are used once and then disposed of immediately.

Do I have to be ill to benefit from TCM?

Absolutely not. Many patients come for regular treatments to achieve increased effectiveness and enjoyment in life. Traditional Chinese Medicine can also be a powerful preventative measure to keep patients healthy throughout the year.

How frequently do I need to come to benefit from treatment?

The frequency of treatments varies with each individual. Please feel free to call me to discuss your concern and a possible plan of treatment.

How do I get the most out of each treatment?

Avoid caffeine in coffee, tea, or sodas during the day of treatment. Avoid intense physical activity before or after your scheduled treatment.

How does acupuncture work?

This highly effective system of medical care is based on natural law, which govern the movement of vital energy, both in nature and in the body. This energy called “Qi” moves through the body in precise channels supporting functions of the body, mind and spirit. When the Qi is moving disharmoniously, imbalance begins to surface in the form of specific symptoms. To address the underlying cause of a condition, these symptoms are viewed in relationship to the totality of a person. The gentle insertion of hair thin needles at specific points along the channels of Qi energy, help restore harmony. In the presence of this subtle yet profound intervention, symptoms often resolve and patients frequently experience renewed vitality.

To learn more about Traditional Chinese Medicine, please contact Carol Sweetman at 301-385-9006 or email: info@creativelifeinstitute.com